

# The Signature

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Naval Air Station Sigonella, Sicily

Friday, October 4, 2002

## Domestic Violence Awareness Month



Article courtesy of FFSC

This year Sigonella's Fleet and Family Support Center (FFSC) is planning a community-involved program titled "Empowering the Military Family." FFSC will set up a booth at the NEX/COM on Oct. 15 to distribute literature and promotional items.

The video rental store on NAS I will have a section of movies dedicated to the topic of Domestic Violence in order to raise public awareness. The library will have a section of books dedicated to the same topic. A lending library is available for public use at the FFSC. A calendar of this month's events can be picked up at the FFSC on NAS I.

The Family Advocacy Program (FAP) addresses prevention, identification, intervention, treatment and follow-up of spouse abuse, child abuse, child neglect and sexual assault. FAP strives to preserve military careers and promote readiness by strengthening the family unit.

When an abuse or neglect case is identified, our counselors provide family, individual, and marriage counseling until the case is resolved. The Family Advocacy Program does not recommend administrative actions, but provides support and treatment to families in need. When necessary, referrals are made to other social service agencies within the community e.g. chaplains, ombudsmen, Emergency Shelter Care.

Prevention is a major focus of the Family Advocacy Program. Domestic violence awareness training is given through General Military Trainings (GMTs) at command request. Other current and future training courses include Child Abuse and Neglect, Adolescent Life Skills, Building Self Esteem and Rights of a Navy Spouse and Sexual Assault Awareness and Prevention.

Sigonella's Family Advocacy Program is staffed by dedicated professionals providing counseling and education to the community. Carol Lucius, LCSW, is the Family Advocacy Representative (FAR). John Smith, LCSW, is a Family Advocacy counselor and has been with the staff for one year.

Alvin Wong, LCSW, is the newest family advocacy counselor. Together, Carol, John and Alvin have over 60 years of clinical social work experience. The staff also consists of Cyndy Becker, MSW ACSW - Sexual Assault Victim Intervention Program Coordinator, Donna Powers - Youth and Parent Support Coordinator/Ombudsman Program Manager and Suzzy Currey - FAP Administrative Assistant.

Our goal is to serve the needs of the community. If you have any questions or would like more information about our program, please contact the Family Advocacy Program at the Fleet and Family Support Center at 624-4291/2.

By JO3 Jay Price

Editor

The Rating Roadmap is a quick way to get a degree and opposed to the traditional classroom methods, according to Judy Hill, Navy Campus Academic Advisor. "It's where servicemembers use their rating experience in the military to earn college credit so they can apply it toward a degree."

Servicemembers may not be aware that they begin earning college credit almost as soon as they join the military. "Basically, we go into the SMART Transcript, we look at the A-school and boot camp credits, the rating credits, and [other miscellaneous credits]."

"Servicemembers don't realize when they PNA (Pass but Not Advance) they also get college credit," she added.

Hill said that rank also is a factor in the roadmap, "Of course, an E-6 would have more college credits than an E-3."

Hill explained that a process of evaluation must be completed to learn what credits are available toward a degree. "We look at their SMART and evaluate how many college credits they have, then we go to the Navy College website, which has a link to [all rates] and the site lists for all the colleges and universities that have degrees [pertaining to] their rate."

"For instance," she added, "a PN would not get a degree in Personnel Management, it would actually be a degree in Business Management, and a DK would probably find a degree in Accounting or something closely related to their field. They would still get a fancy name on their degree, but the good thing is that [much of it will be fulfilled by] their military credits."

The credits earned through the Roadmap may be applied to degrees at many colleges and universities "We have over 85 different accredited universities that [servicemembers] can work with to get these degrees."

A SMART transcript may show that a Sailor has earned a great number of credits without ever stepping into a college classroom. "Service-members are probably closer than they think." According to Hill, she has met several people who are only a few classes away from a degree and don't even know it, and the only reason they'd need to take any classes is to establish residency with a college.

Hill said the roadmap is a great stepping-stone for Sailors who wish to stay in or get out of the

## Rating Roadmap earns degrees

An in-depth look at how military knowledge turns to college credits



military. "For the ones who are just getting out, they'd want that piece of paper to use it toward a job. It's much stronger than saying 'I have military experience;' they can show they have a degree that will back it up."

Sailors can surf the Navy College website at [www.navycollege.navy.mil](http://www.navycollege.navy.mil) and follow the Rating Roadmap links to see what they need to do for their next degree or see where they stand with military credits.

Servicemembers are advised to set up an appointment with one of the facilitators at the Navy College Office to get details on universities and procedures. Call 624-2511 or 624-2519 for more information or to make an appointment.



## Pride and Prizes

By JO3 Jay Price

Editor

Sig Pride Day is coming up and will offer a cleaner atmosphere for both bases.

According to Amy Cobb-Williams, Liberty Coordinator, Sig Pride Day will also have incentives to boost base-wide participation. "Instead of just telling people to go pick up trash, [the Department Heads] wanted to make it a little fun," said Cobb-Williams. "They wanted to encourage people to have pride in their base and where they work."

Both NAS I and II will be split up into 12 sections all together, where, according to Cobb-Williams, the prizes will be evenly distributed shortly before the clean up begins.

Sig Pride Day is scheduled for Oct. 9, starting at 10:30 a.m., ending at noon. As the volunteers begin to clean their designated areas, MWR will be giving out prizes. Prize notes will be attached to trash, large enough to be noticed so it would n't be mistakenly thrown away.

"This is great for the Sailors here at NASSIG because [they can] take pride in where they work and where they live," said Cobb-Williams. She added that MWR was happy to encourage the participation with good prizes.

More information shall be available as the finer details of the event are created. To find out more about Sig Pride Day, call Liberty at 624-5187.

## CO's Proclamation

Domestic violence is a dilemma that transcends all ethnic and socioeconomic boundaries. It is the leading cause of death to U.S. women ages 15 to 44. 11 percent of all homicides are related to domestic violence and 80 percent of runaway children are fleeing violent homes. It is an epidemic that must be stopped.

Domestic violence comes in many forms, from physical child and spouse abuse to mental degradation.

The effects of domestic violence reach far beyond the physical scars. The destruction of self-esteem and learned violent behaviors destroy families for generations to come.

Each October, communities dedicate themselves to the mission of domestic violence prevention. We use the month as an opportunity to set strategy for prevention that will last throughout the year. What we do today to prevent domestic violence and

strengthen our families to improve the strength of the family unit.

NAS Sigonella is dedicated to making prevention efforts work. However, this must be a community effort.

We must look beyond our own personal lives and show concern for our friends and neighbors. We cannot stand by and allow domestic violence to occur in any household. Just as we "protect and defend" our country, we must "protect and defend" our families.

NOW, THEREFORE, I, Captain Timothy L. Davison, Commanding Officer of Naval Air Station Sigonella, do hereby proclaim October 2002 as DOMESTIC VIOLENCE AWARENESS MONTH in Sigonella, and call upon all military members and all family members to join together to put an end to domestic violence and strengthen our community as we strengthen our families.

# Inside this Edition

Direct Line... page 2

Italian News... page 4

Sig Spotlight... pages 6 & 7

AFN Lineup... page 10

Sig Sports... page 12

Il Mercato... pages 14 & 15

## Italian phrase of the week...

*E'troppo caro!*



*(It's too expensive!)*



SECURITY BLOTTER



Helping make the community aware

CRIME STOPPER'S HOTLINE 624-6389

Sept. 22 - Sept. 29

The following incidents were reported and categorized as follows:

Traffic accidents without injuries - 10

Traffic accident with injuries - 7

Car break-ins - 1

DUI - 2

DUI's 2002 - 22

DUI's 2001 - 33

The Signature

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THE SIGNATURE  
*Sigonella, Sicily*

Direct Line

Capt. Tim Davison, NASSIG  
Commanding Officer



Shipmates and family members, October brings us cooler temperatures and fall festivals around our island.

We always look forward to the changing of the leaves and all of the festive colors around our houses. But with the different temperatures, drying conditions and high winds starting our way, I want to specifically address fire prevention in this Direct Line.

According to the National Archives and Records Administration's Library Information Center, Fire Prevention Week (FPW), October 6-12 this year, is the longest running public health and safety observance on record.

The week, officially sponsored by the nonprofit NFPA (National Fire Protection Association), is intended to raise public awareness of

fire dangers and the simple prevention measures that should be employed by all.

There are three things that your families can do to help prevent fires around the house:

- Installing and testing smoke alarms
- Practicing home escape plans
- Hunting for home hazards

You should test your smoke alarms at least once a month by using the alarms' "test button."

Never use an open-flame device to test the alarm as you could burn yourself or start a fire. Change the batteries frequently to make sure the alarm is properly working.

In developing and practicing a home fire escape plan, everyone needs to understand the difference between life and death. Fire can grow and spread through your home very quickly. It's important that you be prepared to react as soon as the smoke alarm sounds. Have two plans laid out for your family just in case one route is blocked by the fire or smoke.

Never leave cooking food on the stovetop unattended, and keep a close eye on food cooking inside the oven.

Keep cooking areas clean and clear of materials that could catch fire, such as pot-holders, towels, rags, drapes and food packaging. Give space heaters plenty of space. Space heaters should be at least three feet (one meter) away from anything that could burn.

Always make sure to turn heaters off when leaving the room or going to bed.

For more information about the National Fire Protection Association, fire prevention, and home safety, please check [www.nfpa.org](http://www.nfpa.org).

Parents, make sure your kids know how to stop, drop and roll! Remember, be safe, stay alert and watch out for each other at home.

The Pulse

National Physical Therapy Month

Courtesy of NH Sigonella Physical Therapy Department

October is National Physical Therapy Month and the Naval Hospital Physical Therapy Department will have an open house on Oct. 9, from noon to 3 p.m. The Department is located across from the ER on the bottom floor of the hospital. The theme for the month is "Connect With Physical Therapy" which emphasizes to the community how their lives can be improved with Physical Therapy.

We will be holding lectures on the foot and ankle, proper footwear and basic care for acute foot/ankle injuries. There will be some healthy snack food offered and informative literature as well.

Physical Therapy has been around since World War I, but the application of physical therapy has changed over the years. One of the more recent topics of concern is Work Related-Musculoskeletal Disorders (WRMD) that are caused by cumulative trauma or repetitive motion/strain. Attempting to limit WRMD involves ergonomics (the study of work) or human factors engineering.

The body has abilities as well as limitations that make it essential to fit the task to the person. For the majority of the work force, we fit the person to the task, which may leave the user at risk.

For example, we purchase chairs or work benches that are not adjustable and expect the "user" to accommodate. If the "user" is defined as the worker, then the work place must adopt the "Honor the user" principle. We have heard of "user friendly software" in this computer generation and we need to have a "user friendly environment" as well.

What does this mean to the employer/employee team? If the work place design is correct and the task fits to the person, then there is a greater probability that we will improve safety, productivity, quality of work, satisfaction and morale.

In addition, there will be fewer errors, less fatigue, job turnover (not as common in the Navy), injury and illness-related missed days. There are far too many probable gains to ignore the issue, so what are we to do?

Starting in the month of October, the Physical Therapy Department will be offering work site evaluations to assess work space design. If you are interested please call 624-4567 and set up an appointment.

Keep in mind that this is only an evaluation of the site and it will be up to the site to make the changes. Connect with Physical Therapy today!

National Fire Prevention Week

By Stephen Vitek  
Contributing writer

Every year since 1925, the President has declared the second week of October as National Fire Prevention Week.

Years ago, Fire Departments throughout America would parade down Main Street and show off their trucks and equipment to the community, visit schools and businesses to spread the word on the importance of fire safety awareness.

The NFPA (National Fire Protection Association) is the official sponsor of Fire Prevention Week and always develops a catch phrase or "theme" they use every year to center in on a specific topic or item that if not used or installed properly may be dangerous. This year's theme is "Team Up For Fire Safety", and is exemplified by a poster that has people of all walks of life standing with a fire fighter.


The Fire and Emergency Services Department will be offering a open house at all three fire stations from 9 a.m. to 3 p.m. daily during Fire Prevention Week.

You can view the fire trucks and pick up a free home fire safety checklist that you and your family can use to do a self-fire safety evaluation.

Group tours for any school or CDC visits can be arranged in advance by calling the Fire Prevention Office at 624-5201 or NAS Fire Station at 624-3835 for appointments.

As a part of Fire Prevention week, we remind everyone that each home should have a smoke detector, a portable extinguisher and a fire evacuation safety plan. Portable heaters and candles are the greatest cause of fire during the winter months.

Sigonellans should follow these guidelines more-so since those living on the economy may not have central heat and must rely on portable heaters during the winter months. Always keep spare "bombola" bottles outside, check your gas connections with a soapy solution. Always keep heaters away from furniture, beds and curtains by at least three feet. Check your smoke detector and change the battery at least twice a year.



Throughout the beginning of her project, this sailor spent countless volunteer and work hours painting signs to promote awareness of Fire Prevention Week.

KITCHEN KORNER

Texas Cream Pie

By Bea Cook

Contributing writer

1/4 cup flour

1/4 cup cornstarch

1 1/4 cups sugar

2 cups milk

1 cup small marshmallows

Beat four egg yolks with one cup of milk. Add to above mixture. Cook until real thick. Let cool. Rating Roadmap for degree. Beat four egg whites until real stiff. Fold into milk mixture above. Add one tablespoon vanilla. Pour into baked pie shell. Garnish with whipped cream. Chill 4-6 hours.


S.A.F.

Dogs: 1

Cats: 0

Puppies: 5

Kittens: 1



Call 624-3200 for the Stray Animal Facility if you are looking for a particular animal (i.e. Breed, size, color or age).





# From the Fleet

## Former SECNAV for Namesake Destroyer

By Pat Cavender  
SUPSHIP Bath Public Affairs

**BATH, Maine (NNS)** — Former Secretary of the Navy Paul Nitze authenticated the keel of the Arleigh Burke-class destroyer named in his honor during a keel laying ceremony held Sept. 20 at Bath Iron Works here.

The future-USS Nitze (DDG 94) will be the 24th Arleigh Burke-class destroyer built at Bath Iron Works, in coordination with Naval Sea Systems Command's Supervisor of Shipbuilding, Conversion and Repair, Bath. The ceremony also marked the second time at Bath where a namesake was present for a keel laying (the first was Adm. Arleigh Burke, namesake for DDG 51 and the ship class).

The laying of the keel is the first major milestone in the construction of any ship. The short program included tack welding Nitze's initials onto a steel plate. The steel plate will be installed aboard the ship prior to christening, which is scheduled for March 2004.

He was presented with a framed photograph, taken during his previous visit in August, bearing the signatures of shipyard workers on its matting. "He is a true living legend," stated one shipyard employee.

Nitze served as Secretary of the Navy from 1963-1967. In addition, he has served as Deputy Secretary of Defense, and President Reagan's chief negotiator of the Intermediate Range Nuclear Forces treaty (1981-1984).

In 1984, Nitze was named special advisor to the president and secretary of state on arms control. For more than 40 years, Nitze was one of the chief architects of U.S. policy toward the Soviet Union.

## Anti-Terrorism/Force Protection Training New Technology

By Lt. j.g. Tamilee Thielke  
Chief of Naval Education and Training PA  
PENSACOLA, Fla. (NNS)

At a time of heightened tensions and security, the Navy is making some bold changes in its training.

At the leading edge of the evolution is the Navy's Anti-Terrorism/Force Protection (AT/FP) training, which is implementing new programs and using the latest technology to prepare our Sailors for today's security challenges.

The Anti-Terrorism/Force Protection Warfare Development Center (ATFPWDC) in Norfolk, Va., in conjunction with the Navy's Type Commanders and Afloat Training Groups, and the Gamma Corporation has developed a number of AT/FP scenarios designed to teach and reinforce the decision making skills necessary for AT/FP security operation and the use of force.

The scenarios are presented on an interactive trainer and are comprised of filmed footage that orients the trainees to their location, general situation, force protection condition and any specific orders from their command.

"We want our Sailors and shipboard security teams to have an opportunity to go through the entire decision making process," said Combat Support Program Director Cmdr. Steve Dehart, at Chief of Naval Education and Training (CNET) headquarters in Pensacola, Fla. "With these scenarios, the Sailors are able to see a threat materialize. They see not only what happens when they make the right decision, but also what could happen if they make the wrong one."

Another advancement in AT/FP training revolves around the AT/FP trainer.

The trainers are comprised of twenty-foot military vans that have been assembled with shipboard hatches, ladders and handrails installed to emulate the confined spaces of a ship. "The AT/FP trainers help crews prepare for a possible security threat by teaching small unit tactics in a shipboard environment," said Dehart.

To further ensure shipboard crews have the best training possible, the Navy is implementing a new AT/FP Training Supervisor course. The course will provide shore and afloat units with the skills and knowledge they need to conduct day-to-day operations.

The course also prepares the AT/FP Training Supervisor to provide some of the current AT/FP training now conducted as formal courses at of instruction to unit personnel.

"In order to get basic AT/FP training, shipboard personnel were required to leave their ships and go to a school house," explained Dehart. "Now we want to train supervisors and send them to their ships to provide some of the necessary training. This will make the training more readily available and less disruptive to the ship's schedule."

With the departure of U.S. Marines providing security on Navy ships, the Sailors are filling security roles, and the Gunner's Mate rating is taking the lead. The Navy is sending Gunner's Mates to their ships more prepared than ever to be a major contributor in the AT/FP effort.

"We've incorporated FATS, the Firearms Training System, into our training to give our Sailors a chance to become familiar with their weapons in a safe environment. The weapons they train with are the same as those they'll use in the fleet, with the exception of firing low pressure carbon dioxide instead of live rounds," said CNET's AT/FP program manager, Lt. John Honea. "The emphasis has shifted from on-the-job-training to the 'A' schools for the Gunners Mates to learn their trade."

"The new training has made a profound effect on the student," said Dehart. "It gives them the ability to strengthen their skills. They feel more relaxed and confident. The final step is combining the weapons experience with the decision making process. The result is a better trained Sailor."



Photo by PH1 William Goodwin

**During a Non-Lethal Individual Weapons Instructor Course (NIWIC), students set up a formation using riot gear and Mossburg 500 pump shotguns as part of riot control training. Nineteen personnel assigned to the Afloat Training Group, Middle Pacific, completed instructor training which included Oleoresin Capsicum (OC) "pepper" spray certification.**

## Awareness Is Key to Breast Cancer Prevention

By Lt. Jacqueline Jones  
USNH Yokosuka Japan ER Physician  
YOKOSUKA, Japan (NNS)

October is National Breast Cancer Awareness Month.

This is a nation-wide campaign to draw attention to issues of breast health and, in particular, to the early detection of breast cancer.

Breast cancer is the second-most common cause of cancer death in women, exceeded only by lung cancer. During 2002, over 200,000 new cases of breast cancer will occur in the United States alone.

Breast cancer is a treatable disease. Early detection and appropriate therapy are key to survival.

The problem is that breast cancer may not always have symptoms. Sometimes it is only found by exam or mammogram. Most often the first sign of breast cancer is a small, painless lump in your breast.

Doctors' main goal is to find breast cancer early so it can be successfully treated. According to the American Cancer Society, self-breast exams are recommended every month after age 20.

Clinical breast exams with your physician are recommended every 3 years between the ages 20 and 39, and yearly after age 40. Mammograms are recommended every year for women age 40 and older.

U.S. Naval Hospital Yokosuka is taking an active part in Breast Health Awareness

Month, conducting a cake-cutting ceremony and health care information session on Oct. 1 at the Hospital. A Health Fair will also be held at the Navy Exchange on Saturday, October 26.

To get more information and specific guidelines regarding breast health and cancer screening, make an appointment with your health care provider. If a mammogram is needed, it can usually be scheduled within one month.

Breast cancer survival rates are at an all-time high. Survival rates are up because women are informed, practicing breast self-exams, and having clinical exams and mammograms on a regular basis.

## Web Site Voting Information

By Michael McLellan  
NAVPERSCOM Public Affairs

**MILLINGTON, Tenn. (NNS)** — The Navy Voting Assistance Program (NVAP) web site at [www.persnet.navy.mil/nvap/](http://www.persnet.navy.mil/nvap/) contains a wealth of information for Voting Assistance Officers (VAO) and citizens interested in information involving their civic duties.

Did you know Virginia election officials will e-mail an absentee ballot to the e-mail address of all qualified Virginia Uniformed Services overseas voters who provide an e-mail address on their properly executed absentee ballot request? Louisiana's primary election, for state legislative officials, is the same day as the general election and if a run-off is necessary it will be Dec. 7.

There are a variety of links to a wide range useful information in the web site. One of the most important links is the one to OPNAVINST 1742.1 (the first ever OPNAVINST on voting). There also is a link to the United States Census Bureau where you can obtain demographic information on any county or state in the country.

Another link takes you to a site to obtain an online version of the Federal Post Card Application that you can use to register to vote. Phone numbers and addresses for all the state election commissions and state election laws are provided in yet another link.

Command's VAOs can find voting supply stock numbers and ordering information as well as links to applicable instructions. The site also provides the capability to offer suggestions and comments and the ability to view what others have said.

Additional information is available from John Hillis, Navy's Voting Assistance Program Manager at (901) 874-4369, DSN 882-4369 or 1-800 368-5056. Information is also available in NAVADMIN 323/02.



Photo by PHAA Kyle Voigt

**OS2 Allen Claros of San Diego, Calif., lowers the National Ensign as the amphibious assault ship pulls into Tarragona, Spain, for a port visit.**



## 3 Doors Down

3 Doors Down – Live in Concert! . The Multi-Platinum Rock Band "3 Doors Down" is coming to entertain Sigonella, bringing a little piece of American Rock n' Roll overseas as they embark on a goodwill tour for the U.S. Navy! The concert is free and will be held in the NEX Staff Parking Lot. For more information, call 624-5604.

## Help the Library

The library is looking for donations of used or unwanted books and/or baked goods for a fund drive to raise money for new books.

Please contact Kathleen by email at [katitaly@yahoo.com](mailto:katitaly@yahoo.com) or 095-896320. Donations will also be accepted during the Autumn Fest.

## Car Fund Raiser

As Fredrick Hunter left the island, he left in the hands of the Navy Chaplains his 1987 Lancia Tempra. Hunter left Lt. Chaplain Myhand the power of attorney to sell the vehicle for \$2,200. Half the proceeds received will go to the Religious Offering Fund. Support your community by owning this vehicle in good faith. To get details, call Chaplain Myhand at 624-5231.

## Substitutes needed

Stephen Decatur High School needs qualified substitute teachers for Middle School and High School. Interested people should have some experience with teaching or experience in teachers aid. All that is needed is a high school diploma.

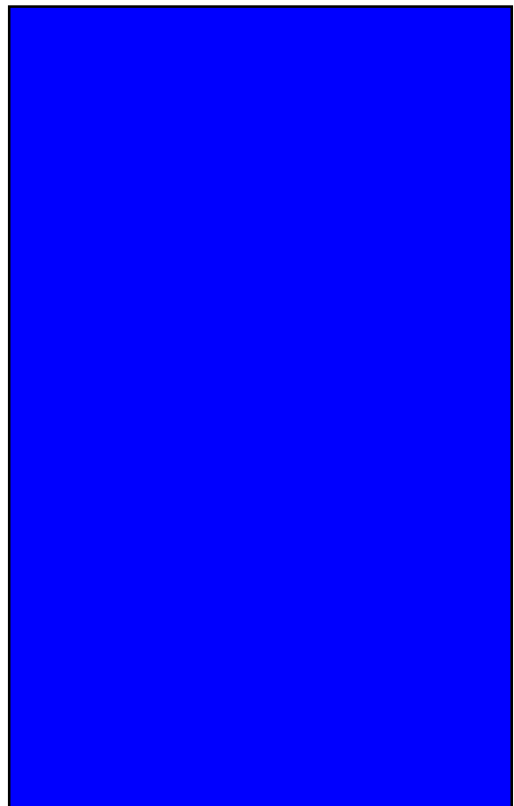
Military spouses are welcome to apply. Required for employment is U.S. Citizenship. Applications are available year round, but take a while to process, so apply early. Everyone interested should contact Maria Bailey at 624-4285 or fax 624-3248.

## Tobacco Cessation Classes

There is a new meeting place and time for Tobacco Cessation classes Sign up by calling Health Promotions at 624-4710.



Combined Federal Campaign-Overseas '02 started Oct. 1 and ends Nov. 15. Campaign representative taken from each command will be used to reach each person base-wide, military or civilian, to give them the chance to donate in the largest charity organization. With over 1,400 charities available, pledges can go to truly noteworthy causes. For details, contact your CFC keyperson or call Lt. Clarke at 624-5280.





By Alberto Lunetta  
Community Relations

# Italian News

## SICILIAN CULTURE AND LIFESTYLE

### Leonforte hosts Peach festival

On Oct. 5 and 6, Leonforte, a town nestled in the Erei Mountains in the Enna province, will celebrate the Settembrine or Tardive (late peaches), a variety of peach that ripens in the fall. Here in the heart of Sicily, these ancient fruits are carefully cultivated in the old way by a group of passionate growers. In June, each peach is wrapped up in parchment paper containers to protect it from the parasites and harsh weather conditions. It’s a job requiring infinite patience as a worker can bind about 2,000 peaches per day. But the result is a magnificent sweet-smelling pale yellow and red shaded fruit.

Such abundance of peaches in the Leonforte area is due to the city’s unlimited water supply system that is fed by the favare (natural springs) such as the Grande Fonte, a grandiose Baroque twenty-four-canal fountain dating back to the 17<sup>th</sup> century. In 1651, City founder Prince Nicolò Placido Branciforti, whose majestic 365-room palace still overlooks the city’s historic center, commissioned the building this magnificent fountain.

The Festival will be held on Oct. 5 and 6. Starting at 9 a.m. on Oct. 5, booths for tasting and buying the delicious peaches and other local foods such as almonds, cakes, bread, broad beans, olive oil and chickpeas will be set up in piazza Margherita, the main square. The stands will be open all day.

On Oct. 7, food tasting kicks off 9:30 a.m. In the evening at 6 p.m., a folklore parade will begin in Corso Umberto. A music show will end the festival at 9 p.m. For more info call 0935-905813.

Leonforte can be reached by exiting

### Mulinello on the Catania-Palermo highway. Prickly pear festival in Militello

The annual Militello *Sagra della Mostarda e del Fico d’India* (Prickly Pear and Mostarda Festival) will be held Oct. 11 through 13 in piazza del Castello. The festival celebrates prickly pears, the fruit of the cactus plant, and *Mostarda*, a sweet made with the juice of fermented grapes and crushed prickly pears.

Events this year will include booth of food, arts and crafts, a Carabinieri band concert, exhibitions of sacred art objects (open all day long and hosted in the main city Baroque churches such as *Chiesa Santa Maria la Stella*, *Chiesa di S. Nicolò* and *Chiesa dell’Abbazia di San Benedetto*) and a spectacular Sicilian carts parade (Oct. 13 at 10 a.m. and at 4 p.m. leaving piazza Municipio and proceeding toward piazza del Castello).

Food booths will be open Oct. 11 starting at 4 p.m.; Oct. 12 and 13 from 10 a.m. to evening. For more info call Militello City Hall at 095-7941240.

### Concert in Santa Venerina

On Oct. 8 a symphonic metal concert featuring *Nightfall Symphonya* will be performed at 9: 30 p.m. at the *Alcoholic Bullets Café* that is located in via G. Galilei n. 11 in Santa Venerina.

### Honey festival in Sortino

Enjoy a “sweet and buzzing” time in Sortino, a small town nestled in the Hybleyan Mountains, which will host the *Sagra del Miele* (Honey Bee Festival), an event celebrating the local beekeeping industry that draws 50,000 visitors every year. The festival will run from Oct. 4

through 6. and will be held at several locations throughout the city’s historic center.

Festival participants will have an opportunity to learn about the lives of honeybees, see how honey is harvested, and taste locally produced honeys made from different pollens such as *Zagara* (orange-blossom), *Timo* (Thyme) and *Eucaliptos* (Eucalyptus).

The festival also features arts and crafts, bee-related demonstrations and displays, food, entertainment, fashion show, Sicilian puppet shows, and an historic parade.

Booths will feature other local specialties such as olive oil, cheese, cakes and citrus.

The *Sagra* (festival) will begin Oct. 4 at 7:30 p.m. in piazza Giovanni Verga and will continue through Oct. 6 in the Sortino historic center. Friday at 9:30 p.m. a Sicilian puppets show will be held in piazzale Convento Cappuccini. Other shows will also be performed in via Libertà on Oct. 5 and 6 at 8 p.m. For more info call Sortino City Hall Tourist office at 0931-917433.

Tomorrow, stands will open at 5 p.m. in piazza Giovanni Verga. In the evening at 8:30 p.m., a fashion show will be presented at piazza Santa Sofia and a music show will be performed in piazza Giovanni Verga.

On Oct. 6 the festival will kick off at 9:45 a.m. and at 4 p.m. in piazza Verga. In the afternoon at 5 p.m., the *Fasciddari* (local beekeepers) will parade throughout the historic center (along corso Umberto) displaying the old *Fasceddi* that are containers used to transport hives. A folklore show will be performed in the evening at 9:30 p.m. in piazza Santa Sofia.

Festival participants will also want to visit *Pantalica*, a noteworthy archeological area of Pantalica that is located about three miles from Sortino. An imposing necropolis, Pantalica, is a

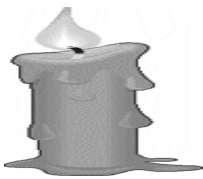


Photo by Alfonso Magno

**A spectacular colorful Sicilian horse-drawn carts parade is one of the highlights of the Prickly Pear and Mostarda Festival that runs from Oct. 11 through 13 in Militello. Events this year include booths of food, arts and crafts, exhibitions of sacred art objects hosted in the main city Baroque major center of the late bronze age in eastern Sicily featuring over eight thousand tombs and small caves dug into the soft limestone cliffs of the local mountain-side. The rivers Calcinara and Anapo delimit the necropolis.**

For more information and excursions call Sortino Tourist Office at 0931-953359 or 333-2076206.

Sortino can be easily reached from Sigonella. Exit Sortino on the Catania-Siracusa highway.



### NAS Sigonella Worship Opportunities

#### Catholic Mass

Saturday 5 p.m. Chapel (NAS II)  
Sunday 9 a.m. Chapel (NAS I)  
Sunday 9 a.m. in Italian 41<sup>st</sup> Stormo Chapel (NAS II)  
Sunday 11 a.m. Community Center (Mineo)

#### Protestant Worship

Sunday 9 a.m. Community Center (Mineo)  
Sunday 11 a.m. Chapel (NAS I)  
Sunday 6 p.m. Chapel (NAS I)

#### Latter Day Saints

Sunday 1 p.m. Chapel (NAS I)

#### Church of Christ

Sunday 3:30 p.m. Chapel (NAS I)

#### Weekdays

Daily Catholic Mass 11:30 a.m.  
(NAS I & II Chapels)  
Wednesday Protestant Bible Study 4:45 p.m.  
(NAS II Chapel)  
For more details, call 624-4295 or 624-2947.





# HOROSCOPES

**ARIES:** You should take good care of your health; get lots of rest. Avoid lending or borrowing. Travel and entertaining conversation will be informative and uplifting. You can make headway if you share your intentions with someone you care about.

**TAURUS:** Groups you belong to will not only enjoy your company, but they will also share your interests. You will be prone to carelessness that could result in accidents. Expect to experience a sudden reversal of fortune. You'll be able to break bad habits if you put your mind to it.

**GEMINI:** Financial limitations may add to your depression. Do what's best for the people you love most. Make changes in your domestic scene. Take a different approach; make an offer they just can't refuse.

**CANCER:** Changes regarding your image will bring you greater confidence. Opportunities for travel and socializing are evident. Be careful to avoid wrong doings. You will have no problem getting your point across to those in a position to help you.

**LEO:** Organize social events or family gatherings. This is a great week for a trip. Travel and social activity will bring about interesting talks, not to mention contacts. Enjoy a quiet dinner for two and discuss some of the plans you have for the future.

**VIRGO:** You need to concentrate on the areas where you can make a difference. Pleasure trips will bring you into contact with new and interesting people. Believe in yourself and so will those who count. Changes in your home may be alarming at first.

**LIBRA:** Your ability to work with detail could help you achieve your goals. Try to compromise rather than having an all out battle. Sooner or later your partner will have had enough. Get out and experience the spice of life.

**SCORPIO:** You could come into extra cash. You can come up with solutions to the problems responsible for inefficiencies at work. You can make financial deals that will bring you extra cash. Limitation could set in if you've been spending too much.

**SAGITTARIUS:** Don't let peers distract you or push their work your way. Don't upset elders in your family who don't understand your present situation. Don't take your frustrations out on the ones you love. Finish projects that have been hanging over your head.

**CAPRICORN:** You may find that your anger stems from lending or borrowing money. Dead end projects could plague you. Pleasure trips will be a form of healing for your emotional state of mind. Minor accidents are likely if you take risks.

**AQUARIUS:** Your ideas can be put into action. You may be emotionally unstable if you let someone you care about get away with verbal abuse. You can expect opposition at work. Don't let your competition be privy to information that could be in criminating. Clear up domestic chores that have remained undone for some time.

**PISCES:** Social activity should be on your agenda this week. Self-deception is likely. Your desire for excitement and adventure may be expensive. Plan your social events carefully.

# THE MOVIE CONNECTION

## Theater Schedule

<b>Friday, Oct. 4</b> 5:30 p.m.: Signs (PG-13) 8 p.m.: The Adventures of Pluto Nash (PG-13)** 10 p.m.: Austin Powers in Goldmember (PG-13)	<b>Wednesday, Oct. 9</b> 5:30 p.m.: Eight Legged Freaks (PG-13)* 8 p.m.: Austin Powers in Goldmember (PG-13)
<b>Saturday, Oct. 5</b> 11 a.m.: The Country Bears (G) 2 p.m.: Stuart Little (PG)* 4:30 p.m.: The Adventures of Pluto Nash (PG-13) 7 p.m.: The Road to Perdition (R) 9:30 p.m.: Blood Work (R)	<b>Thursday, Oct. 10</b> 5:30 p.m.: K-19: The Widow Maker (PG-13)* 8:30 p.m.: Signs (PG-13)
<b>Sunday, Oct. 6</b> 1 p.m.: The Country Bears (G) 3:30 p.m.: Eight Legged Freaks (PG-13) 6 p.m.: Signs (PG-13)	<b>Friday, Oct. 11</b> 5:30 p.m.: XXX (PG-13) 8:00 p.m.: Blood Work (R) 10 p.m.: Austin Powers in Goldmember (PG-13)
<b>Monday, Oct. 7</b> 5:30 p.m.: Eight Legged Freaks (PG-13) 8 p.m.: Blood Work (R)	<b>Saturday, Oct. 12</b> 11 a.m.: The Country Bears (G) 2 p.m.: The Adventures of Pluto Nash (PG-13) 4:30 p.m.: Signs (PG-13) 7 p.m.: The Master Of Disguise (PG)** 9:30 p.m.: Austin Powers in Goldmember (PG-13)
<b>Tuesday, Oct. 8</b> 5:30 p.m.: The Adventures of Pluto Nash (PG-13) 8 p.m.: The Road to Perdition (R)	<b>Sunday, Oct. 13</b> 1 p.m.: XXX (PG-13). 3:30 p.m.: The Master of Disguise (PG) 6 p.m.: Blood Work (R)

\*\*\* Future Re-release   \*\*Sneak Preview   \*Last Showing, (PNO- no children admitted)  
(All times and movies are subject to change. For more information on the schedule, call the movie hotline at 624-4248).

**The Master of Disguise (Rated PG)**

Pistachio Disguisey, a sweet-natured Italian waiter at his father Fabbriizio's restaurant, can't figure out why he compulsively mimics his customers and desires to change his appearance. What he doesn't know yet is that these traits are part of the Disguisey family secret legacy. Fabbriizio has never told his son that he comes from a long line of masters of disguise able to mask themselves as almost anyone or anything by harnessing the great power of "Energico." Such a talent makes Fabbriizio the kidnapping target of his former archenemy Devlin Bowman, a criminal mastermind with a plot to steal the world's most precious treasures. At first Pistachio is not very effective as he attempts to control his inherited power, but soon, with the help of beautiful assistant Jennifer, he's spinning through a manic blur of eccentric characterizations in an attempt to track down Devlin Bowman and save his parents. But will this new Master of Disguise be too late? Cast: Dana Carvey, Jennifer Esposito, James Brolin.

# TRIVIA

Before soap, what did the Mediterranean countries use to wash with?  
What was the first coin minted in the U.S?  
How many people did the Aztecs sacrifice to insure the sun would raise?  
How long did it take to build the Leaning Tower of Pisa?  
In 1934, how much did Babe Ruth pay a fan to get back his 700th career home run ball?  
(Answers on page 6)

## Best Sellers-- Minidisc Players

	<b>The Murder Book - Jonathan Kellerman</b>	
	<b>The Lovely Bones - Alice Sebold</b>	
	<b>Q is for Quarry - Sue Grafton</b>	
	<b>Sibley's Birding Basics - David Sibley</b>	
	<b>The Soprano's Family Cookbook - Allen Rucker</b>	

## They did what?

### Bad Judge-ment!

Usually it's the criminal, not the judge, who attempts to take himself out of the gene pool. But not in this twist of a familiar tale! A man accused of possessing a hand grenade challenged police to produce it at his trial. When the police brought the grenade into the courtroom, the defendant claimed it was not real. The judge absentmindedly took the grenade in his hand while listening to arguments — and pulled the pin! He was injured, but survived, no doubt with improved judgment.

## Off the Rack!

### Death to Smoochy

Edward Norton, Robin Williams and Danny DiVito team up in this movie about corruption and large egos.

I have to say that this movie is not for kids. The language and lude acts and joke are somewhat shocking to hear coming from Robin's mouth.

The movie's storyline ran smoothly with a basic but disarming future scene at the beginning where we see a stuffed rhino getting pummeled, leading to a six month introduction 'where it all began.'

Robin plays Rainbow Randolph, an egotistical, crooked children's TV star who tries everything he can to ruin the good name of Smoochy.

Norton is the Fuchsia colored rhino named Smoochy, a pure and honest person who believes in truth and honesty, sharing his profits with charities that enrich children's education and fight the war on drugs.

Smoochy's agent (DiVito) on the other hand, is as crooked as Rainbow Randolph. He attempts to corrupt the Smoochy by getting him involved with the Irish Mob and ties him to events that suck money from every parent's pocket by luring the kids.

Adding Randolph's schemes to ruin Smoochy, the plot gets better and better... and Randolph's tricks seem to get progressively worse, starting with unusual shaped cookies, to affiliating him with a notorious hate group.

For me, this movie gets an 'A' for a very creative and original story... but remember, parental guidance is suggested.

By JO3 Jay Price





# MWRs Military Workers



as much as 14 or more hours a day. If he gets the call to drive DOD or entertainment stars such as Clint Black and others, or if a ship comes into port at Augusta Bay he is there. When a ship pulls in his job is to manage the recreational room for the Sailors in port, and he must stay the whole time the ship is in. "I get to do a lot of traveling, see new places and meet new people, while I work." The chain of command consists of both military and civilian personnel. "The civilian personnel are very supportive of us (military members), and when there is a problem, it gets taken care of right away," said Reid.

Even though they work with MWR, Sailors must still retain their military bearing. They must provide good customer service and always be on time. "Working with civilians has sharpened my military bearing. You have stepped out of the uniform and work with civilians. A lot of people do don't know that you are a military member," said Reid. "Working with MWR, I have learned to do a variety of tasks from finance, marketing, to customer service," added Reid. "One of the most important things I have learned is that MWR takes care of the community. Sometimes, it is hard, but challenging," said Reid.



This shipmate cleans fitness equipment; one of his customer service duties. Duties range from maintaining equipment, answering questions, and checking out equipment.



**"One of the most important things I have learned is that MWR takes care of the community."**  
— EN2 JAMES REID  
.....

Story and Photos by SN Michelle Watkins  
Staff writer

Everywhere you go, there are undercover military people working for Morale Welfare and Recreation (MWR). At first glance they look like dependents or civilian workers, but upon further investigation, you find otherwise. Thus they sometimes go unnoticed, but what they do affects the lives of many. Working with MWR has both pros and cons. "The experience with managing skills is a wonderful accent with working with MWR," said ET3 James Reid, Auto Hobby assistant manager. Reid wanted to be stationed in Sicily and by choosing a general billet found himself working for MWR, like many others who took general billets. "It is a lot of customer service," said AA Lamont Sewell; a Sailor who was reassigned to MWR from the Supply Department. According to Sewell, advantages of working at the gym include the time he gets to do OJT at Supply for training in his rate and meeting a variety of people. OS2 David Longobardi enjoys that he is given some time to complete school courses, and the new perspective he has on the civilian side. It also allows him more time to spend with his family, when he does not have to work overtime. Service members who work for MWR find themselves working in a variety of jobs. Reid,

who now works with the auto hobby shop, also worked for Tenpins and Take 5. "There are a few of us who float around a lot. We go where we're needed." Sewell and Longobardi rely on their personality skills for customer service. Working at the gym they are constantly in the public eye. The variety of tasks include answering phone calls, equipment check out, maintaining equipment, making calls to the Flight Line Clinic and maintaining the appearance of the gym. "A disadvantage of working with MWR is that I do not get experience that I would if I was working in my rate, unless I work at the Auto Hobby shop, making each time I take the exams harder," said Reid. "Being undermanned makes it harder, putting more work on us. We have to put more effort to making people happier, it is long and tiring, but well worth it." Said Sewell. MWR relies on temporary workers at the gym to split up the working hours. When there are not many temporary workers Sewell and Longobardi must work overtime, sometimes seven days a week, with only one weekend off a month. When more are hired, it relieves the workload. "The longest I had to work is 11 to 12 days straight, but when we pull those shifts, we usually get some time off, the Chain of Command always try to meet our needs," said Sewell. MWR service members work beyond normal working shifts, and are constantly on call. Reid recalls how many times he has worked

## Stephen Decatur greets parents in open house



Photo by SN Michelle Watkins

Stephen Decatur Secondary School held its annual open house Sept. 26. Approximately 225 parents attended the open house to meet their children's teachers and to see how they are performing in school and in the class structure. Handouts, management plans and course outlines were provided as well. After class visitation, parents attended the parent forum, where school and administration information was given out following a question and answer period.

## Furnace Check-Up for Economy Residents

By Peter Vietti  
Housing PAO

Believe it or not, winter is right around the corner. Italian homes are not insulated like the homes that we are accustomed to in the United States. Heating is very important quality of life issue. Before turning on your heaters, make sure you have conducted your annual maintenance check for your furnace and heat pumps. Proper maintenance on your heating systems is the first step in preventing a potential hazard in your home. If you are unsure of how to conduct such an inspection, the Housing Office can help. We can assist you in setting up an appointment with a local contractor to do the maintenance check. For assistance or questions please call our office at 624-6311 ext 112/113 or 114.



## Support is here for Sigonella single parents beginning this month

The Fleet and Family Service Center (FFSC) presents a new workshop for single parents.

On the first Thursday of each month, a new class is held highlighting different issues of being a single parent.

According to Kimberly Taylor, a Social Service Representative and Registered Nurse with the FFSC, this class is not only for single parents, but also for the spouses who stay at home with the children while the servicemember is deployed.

Each class has a subject matter expert who speaks on the topic of the day, whether it is the emotional issues of parenting alone or the legal aspects and responsibilities.

“Generally, we have a guest speaker who comes and speaks for the first 20 to 30 minutes on the main issue for the group,” said Taylor. “We get someone to speak who knows the area pretty well and we’ll have him or her come in and do their spiel on their program. At the end of the group, we’ll talk about other issues [that concern single parents].”

Classes are held from noon to 1 p.m. on the first Thursday of each month in the Public Works conference room and are scheduled to last until January.

To get further details on how to get involved or the upcoming classes, call the FFSC at 624-4291.

### No change to Tuition Assistance

By JO3 Jay Price

Editor

“Tuition Assistance (TA) is expected to stay at 75 percent as of Oct. 1, pending further notification,” said Judy Hill, Navy Campus Academic Advisor.

“Servicemembers should expect to pay the 25 percent, but are reminded they can use Top Up, which is a part of the Montgomery GI Bill, to defray the 25 percent if they can’t cover the cost from their own pocket.”

“What we’re telling students is they could wait to process their TA because we have no (new) information. We’re basically told to accept that TA would stay at 75 percent by our supervisors back in the states, and that’s all we can go by.”

According to Hill, the Army and Air Force are already set to 100 percent TA, and that Congress has said that it should be uniform for all the services but it is up to the individual branches on how they allocate their money.

“Unfortunately, the Navy is having problems coming up with the money,” she added.

To get the official word on whether or not TA is staying at 75 percent or to find out how to use the Top Up program, call the Navy College Office at 624-2511.

## THE SIGNATURE *Sigonella, Sicily* HEATING NEEDS

By Crystal Lovelace  
 Navy Exchange PAO

With the cooler months approaching, the Navy Exchange Fuel Office would like to provide some information for purchasing and scheduling fuel for your home heating needs. There are three types of fuel available for heating. LPG Bulk and Bombola are rationed. Gasolio is not.

**To Purchase Gasolio:**

- Pick up a “Tax-free Heating Fuel Request” from the Housing Office and have it approved.
- Ensure that the tank capacity is filled out and is accurate, your landlord should be able to tell you the tank capacity.
- Take the approved request form and detailed map to your residence to the NEX Fuel Office located in the NEX Main Office.
- The minimum order is 500 liters, when 4000 liters is accumulated the company is called and a delivery date is established.
- The customers are then notified of the delivery date and must plan on being at home all day.
- Make sure your tank will hold what you order. It is better to order too little than too much.
- You can pay for your delivery at NAS II Personalized Services at a cost of .35 a liter. Payment must be made prior to delivery date.

**LPG Bulk Gas:**

- The tank is usually above ground and must be an AGIP tank, if not you need to make arrangements with your landlord to have it changed to an AGIP tank.
- To purchase Bulk coupons, pick up a “Tax-free heating Fuel Request” form from the Housing Office and have it approved.
- Take the approved request form and proof that the AGIP tank is in place to MVRO. MVRO will enter the authorization for the purchase of Bulk coupons into the computer system.
- Bulk coupons are sold in books of 400 liters and can be purchased at NAS II Personalized Services and the NAS I Cash Cage.
- It is the customers responsibility to schedule a delivery by calling the NEX Fuel Office at 624-4541 or at NAS II Personalized Services at 624-5856
- Deliveries are scheduled out three days in advance and the customer must plan on being at home all day on the date of delivery.

**LPG Bombola:**

- Bottled gas used in some portable heaters. Tanks have either a 15 liter or 25 liter capacity. It is important to know which tanks you have.
- To purchase coupons, the customer must take a copy of their lease to MVRO so that authorization can be entered in the computer system.
- Coupons are sold at NAS II Personalized Services and the NAS I Cash Cage.
- For 15 liter tanks, you may purchase 50 or 100 liter coupon books only. For 25 liter tanks, you must purchase the 200 liter coupon books only.
- This is important: if the incorrect books are purchased the bombola dealer will not fill your tanks.
- The customer is responsible for pickup and/or delivery of bombolas. Delivery is not included in the price of the coupons.

Customers are advised that they are entitled to one and only one tax-free home heating fuel. For further information, please call Melinda Crowe of the Nex Fuel Office at 624-4541.

## Tradition with a difference

### ..... The next Navy Ball

By JO1 Craig Coleman

Deputy PAO

2002 Navy Birthday Ball tickets are on sale. According to Lt. Lillian Abuan, Navy Ball Committee Co-Chair, the party won’t be exactly like the balls in years past. “This years Navy Ball will be a little different, yet still traditional.”

One of the differences will be the entertainment. For the first time, the Navy Ball will feature music from a string quartet from one of the most highly-rated orchestras in Italy. “We’ll get to hear musicians from the Bellini Opera House,” Abuan said. “They’ll be playing during the cocktail hour and dinner,” she added.

“The meal will have something for everyone,” said Abuan. The high-quality buffet menu will include roast beef and swordfish.

Another traditional feature of the Navy Ball is the cake cutting. As usual, oldest and youngest participants will cut the cake. But after the cake cutting the guest speaker will be nontraditional: Radm. Rob Stevens, RN (British Royal Navy).

Stevens, COMNAVSOUTH Chief of Staff, began his career in 1966. He has served in various platforms, from the aircraft carrier HMS EAGLE, to the submarine HMS ODIN. “How often do U.S. Sailors get to listen to a speech about our Navy given by a British officer?” asked Abuan.

After the cocktails, the ceremony, the dinner and the guest speaker, the birthday party is just beginning. Guests may choose between two very different after dinner environments. “One side of the facility will have a piano bar atmosphere featuring a violinist, where people can go to relax,” Abuan said. “On the other side there’ll be a D.J. with a club-like atmosphere for dancing.”

Navy Ball participants with children need not worry about childcare.

“We have reserved the Child Development Center (CDC) for the night,” Abuan said. The CDC will be open from 6 p.m. to midnight.

Those government housing residents who don’t want to drive to the Navy Ball don’t have to. Bus transportation to and from the ball has been arranged for all government housing areas, including Aci Reale.

Partygoers won’t leave the ball empty-handed. Each attendee will receive a complimentary wine glass.

“This is the only time you can celebrate the Navy’s birthday,” said Abuan.

See your departmental Navy Ball committee representative to sign up for the Oct. 19 celebration.

Do you have a Web site you would like to share with the community?  
 E-mail us at [colemacl@nassig.sicily.navy.mil](mailto:colemacl@nassig.sicily.navy.mil)



By JO1 Craig Coleman

## Best Travel Choices

[aol.com/webcenters/travel/destinations.adp](http://aol.com/webcenters/travel/destinations.adp)

AOL Anywhere: Travel Destination Guides are just the thing for Sailors who want to take leave overseas. Pick a continent, a country and let America Online introduce you to their version of information overload. Want to know what to see in your country of choice? They have excerpts from premium travel guides like Frommer’s, Lonely Planet and Rough Guide. You’ll also find deals on hotels and airfare.

## Car Prevention

[www.carfax.com](http://www.carfax.com)

CARFAX is a site whose sole purpose is to stop you from buying a lemon. If the used car you’re thinking of buying is American you can enter the Vehicle Registration Number and get its complete history. The database contains more than a billion car records.

## Vacation time

[www.timeout.com](http://www.timeout.com)

Thinking of spending the next three-day weekend in Rome? Find the coolest, most fun restaurants, shops and caf  s in Rome or many other European cities by visiting Timeout.com. The site has additional links to city-specific information. For instance, did you know that there is a Star Trek Italian Club?

## Trivia Answer

1) Olive oil 2) 1794, the silver dollar 3) 15,000 sacrifices a year 4) About 297 years 5) \$20

Check  
 this out!



## Web Extra! Stressed Out

[www.psychwww.com/mtsite/smpage.html/](http://www.psychwww.com/mtsite/smpage.html/)

*Has your job got your stressed? Then you might want to check this site out. It explains stress and how to understand it. Learn the different types of stress and find your best level of stress. It also has helpful tips and suggestions on time management skills, how to make environments less tense, and shows the attitudes to change to help coping with stress. It even shows you how to make an action plan to beat it, and keeping a stress diary. Check out this site to find stress survival skills, and remember to breath.*



AFN Sigonella television schedule

Leave:  
Things to Remember  
By AC2 Joshua Huston  
Contributing writer

Whether you are new to the Navy, or close to retirement, there are some things that we all need to remember regarding leave.

Experience has shown that vacations and short periods of rest improve quality of life overseas and positively impact career performance in the command. The lack of such respite from the work environment may adversely affect health, family, and career motivation. While taking a break from it all there are some rules and regulations that need to be followed.

In these times as American service members, leave and special liberty may be recalled at any time. Make sure that your command has a good leave recall for you, i.e. the address and phone number of where you will be spending the majority of your leave time. Also, while away from your leave recall, maintain communication with your leave address.

In the event of a general recall individual orders may not be issued. Inform your chain of command of any permanent change of leave address.

While it is desirable to tell the public about the Navy, OPSEC must be adhered to at all times. Do not discuss any subject unless you are positive it is unclassified. If asked to participate in a press conference, talk to reporters, or participate in a talk radio show on matters pertaining to the naval service, consult with and obtain guidance from the legal services office of the nearest naval facility.

While stationed overseas one of the benefits is being able to travel Space-A. Space-A travel, while certainly a blessing, also comes with a few things to keep in mind.

First, military members must be on leave to travel on space available flights. There are no guaranties as to availability and flights can be delayed or cancelled without any given notice.

Allow yourself sufficient time to return to your duty station and have funds available if it becomes necessary to take a commercial flight.

Also, passports and visas are required for all personnel flying commercially. In the event that conditions beyond your control indicate late return to your command, obtain written evidence from transportation agencies, or others (physician, military or civil police, recruiting station, etc.) for consideration by your commanding officer.

If it is required that you extend your leave for extenuating circumstances such as serious illness, or injury incurred while on leave, report facts to your commanding officer. If in the immediate vicinity of a naval facility, such as a recruiting station or naval station, advise them of your condition and status.

Costs incident to hospitalization or treatment received at other than federal medical activities (Army, Air Force, Public Health Service, or Veterans administration) may be defrayed by the Navy in emergency cases only.

If traveling abroad on leave, have the addresses and phone numbers of the nearest medical facility as well as the nearest American Embassy.

This information as well as a security brief about the area or country you intend to visit, is available through your department security officer, as well as the Security department. Make sure to keep all documents with you at all times, as well as copies in your luggage.

Try not to advertise that you are an American, as hard as it may be, by wearing loud clothing, cowboy hats, sports apparel, or stickers on your luggage. Remember to maintain proper OPSEC at all times.

Following the proper guidelines and practices while on leave will ensure a restful and exciting vacation as well as a safe return.

Flag Football Results		
Sept. 23	Hospital vs. PWD	8 - 22
	NMCB 5 vs. HC 4	0 - 20
	Security vs. VP 16	24 - 0
Sept. 24	PSD vs. Ops	6 - 12
	AIMD vs. VP 16	0 - 6
	FLC vs. COMSTA	6 - 7
Sept. 26	AIMD vs. HC 4	7 - 12
	PWD vs. NMCB 5	14 - 0
	Security vs. Hospital	13 - 0
Sept. 27	Ops vs. FLC	21 - 13
	PSD vs. VP 16	6 - 12
	COMSTA vs. VP 16	19 - 18



Down, Set, HIKE

The flag football season is now up and running. With over 10 separate teams competing head to head. The season has just finished its second week. To the left, VP 16 dishes out a bruising win against PSD, 12 to 6.



For the Salsa of it

Set on a three mile run from AFN to the Tamoil railroad tracks and back, about 20 Sailors participated in a run attributing Hispanic Heritage Month. Each of the contestants received a t-shirt in favor of the run.



MINEO MARKET

By Peter Vietti  
Housing Public Affairs Officer

If you live in Mineo and want to take advantage of shopping out on the local economy, want no more!

The Housing Department met with the Mineo city hall authorities to arrange for 30 local area vendors to participate in a market to be conducted on-site inside the Mineo complex.

The scheduled opening is to commence on Monday, Oct. 7 from 8 a.m. to 2 p.m. and will continue every first and third Monday throughout the fall and winter. It should be noted that if the residents are using the market enough, the vendors might be open to more frequent visits.

According to Monica Drago, Housing Inspector and Market Organizer, "we are trying to bring a little bit of the local flavor and fare to our residents that may have challenges with transportation and or time constraints that prohibit them from going to local markets out in town."

The market initially opened up in May 2002 with lots of fanfare and good participation from the residents.

The participation started to dwindle off due to unfavorable operating times, so the market was discontinued.

The organizers met with the vendors to develop a more suitable time for the residents and to bring in more products that the residents demanded.

Drago says, "the vendors are very excited to bring their products to American personnel."

The market will consist of vendors that are primarily from the surrounding townships. There will be fresh fruits and vegetables, cold cuts (salami and prosciutto's), cheeses, ceramics, clothing, wine, garrarosto (roasted chicken), olive oil, paintings, jewelry and toys and more.

The Housing Department invites you out to the grand reopening of the Mineo market to shop 'til you drop.